

What you should know about

carrageenan



What is it?

Carrageenan is a powder made from red seaweed. It is used in yoghurt, ice cream, chocolate milk, jellies and lots of other foods to make them smooth and creamy.

Where does it come from?

Carrageenan is extracted from seaweed using a process that involves heat, filtration, pressure, alcohol and/or salts. It can be easily reproduced in any home kitchen.



Carrageenan adds no fat or calories.

You can also find it in pharmaceuticals and personal care products such as toothpaste.



An estimated **35,000 family farms** worldwide depend on red seaweed for their incomes.

It's used often in vegan and vegetarian foods, replacing animal products like gelatin.

It can be used in organic foods.



Carrageenan is approved for use in food in the U.S., the E.U., China, Japan, Brazil and other places.

How is carrageenan used?

milk
+ cocoa powder
+ sugar
+ a small pinch of carrageenan

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chocolate milk

Carrageenan keeps the cocoa powder suspended in the milk so it doesn't sink to the bottom.

